

Fruit and Nut Chia Seed Loaf

Ingredients:

- IREKS Chia Bread Mix 1.000kg
- Flour 1.000kg
- Yeast 0.040kg
- Water 1.100kg
- Cranberries 0.100kg
- Currants 0.050kg
- Sultanas 0.050kg
- Walnuts 0.050kg
- Sunflower Seeds 0.050kg



Method:

1. Add yeast, flour, water and chia bread mix to mixer. Mix on slow for 2 minutes and 6 minutes on fast.
2. Chop up walnuts and cranberries into finer pieces.
3. Add cranberries, currents, sultanas, walnuts and sunflowers seeds in the final minute of mixing
4. Transfer dough onto a lightly greased tray and leave to ferment at room temperature for an hour.
5. Once fermented, tip out onto a lightly floured surface and cut into 450g pieces
6. Mould dough as long loaves, place into greased baking tins
7. Proof for 70 minutes
8. Bake at 230° C, dropping, giving steam for 30-35 minutes